

# Throwing yourself into work shouldn't mean throwing your back out

Give your body a break and take five minutes to try these chiropractor-approved stretches. Your body will thank you!



## Side stretch

- Point your left foot and take a step out to the left.
  - Bending your left knee, side bend at the waist to the left.
    - Place your left elbow on your knee\* and extend your right arm above your head.
  - Hold for ten seconds and repeat on the other side.
- \*Older adults should place their hand on their knee.*

## Trap openers

- Breathing deeply and calmly, relax your stomach muscles.
- Let your head hang loosely forward and gently roll from side-to-side (a).
  - Bring your hands up to your neck and gently massage the back of your head and neck (b).
- Drop your arms to your sides, relax your shoulders, and slowly roll them back and forward for 15 seconds (c).

## Bending circles

- Standing with your hands up, rotate your shoulders backwards to make small circles in the air (a).
- Bend from side-to-side and keep rotating your shoulders for ten seconds (b).

## Lunge

- Standing up straight, take a step forward with one leg, bending slowly at the knees.
  - Allow the heel of your back foot to lift from the floor (only bend far enough to line up your knee with your ankle).
- Balance for 20 seconds, repeat on opposite side.

Studies have shown that stretching as little as three times a week can have positive, pain-relieving benefits.

The full Straighten Up Alberta program, offered by Alberta's chiropractors and designed to increase postural awareness and improve spinal health, is available at [StraightenUpAlberta.com](http://StraightenUpAlberta.com).

# How to safely lift heavy loads

Back injuries are one of the leading causes of disability in Alberta. Use this guide to minimize the risk of injury while lifting heavy loads.



With your feet shoulder width apart and your back straight, lower your body by bending at the knees.



Looking straight ahead with your back straight, chest out, and shoulders back, slowly begin to straighten your hips and knees.



Hold the load close to your body at belly button height.

Doctors of Chiropractic diagnose, treat, and help prevent musculoskeletal (bones, muscles, cartilage, tendons, joints, and connective tissues) conditions and disorders and the effect they have on the nervous system.

Chiropractors are trained to assist people of all ages to help relieve pain and discomfort and restore range of motion. They also counsel patients regarding nutrition, lifestyle, and exercise.



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